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TABLE OF CONTENTS

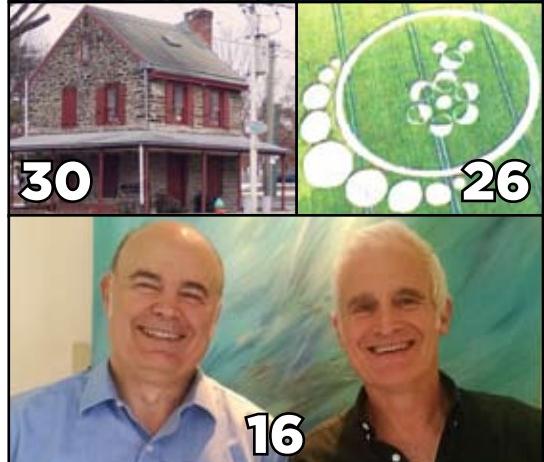
CASE FILES OF THE UNKNOWN

- 24 Haunted Sites
New York's Most Haunted Restaurant:
One if by Land, Two if by Sea
- 26 Are We Alone?
The Niacin 2013 Crop Circle: A Chemical Perspective
- 30 Haunted History
The Tortured Ghost of Philadelphia's Blue Bell Inn



IN THE SPOTLIGHT

- 12 Haunted Entertainment
13 Scariest Horror Movie Scenes of All Time
- 16 Investigator Spotlight
'Focused Life-Force Energy' – How Jeffrey Stegman & Clayton Stedmann Are Raising Consciousness Around the World
- 22 Special Report
Do Pandemics Have Metaphysical Aspects?



PARANORMAL INSIGHTS

- 32 Personal Experiences: Paranormal Encounters
The Duplicity of Dreams: My Perils With Dimensional Walking
- 36 Personal Experiences: Ghost Hunter Case Files
They Come in Threes: The 'Final Destination' Investigation
- 38 Metaphysics & Energy Healing
The Power of Intention ... and How 'Anchoring' Can Help
- 40 Sage Goddess: Spiritual Tools & Teachings
The Heart of Thanksgiving Is Generosity and Gratitude
- 42 The Shaman Windwalker
Thanksgiving Spirit: A Visit From Dad



DEPARTMENTS

- 4 Contributors
- 6 Publisher's Letter
- 7 Coronavirus Resources
- 8 Paranormal News



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Orrin is a writer, editor, amateur film scholar, and monster expert who was born on the night before Halloween. His stories of ghosts, monsters, and sometimes the ghosts of monsters have appeared in dozens of anthologies, including *The Best Horror of the Year*, and been collected in *Never Bet the Devil & Other Warnings* and *Painted Monsters & Other Strange Beasts*, while his writing on horror cinema has been collected into *Monsters From the Vault*.



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He is the deputy editor of Mysterious Phenomenon for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.

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Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

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Athena is the founder and CEO of SageGoddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

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Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

www.paranormalunderground.net ♦

Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.



We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc. Your submission can be anonymous!

**PARANORMAL
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Volume 13, Issue 11 November 2020

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'A THOUSAND LIFETIMES'

Why Times of Darkness Lead to Spiritual Evolution

"I've traveled across a thousand lifetimes to be here with you in this moment."

That was the thought that popped into my head as I got out of bed this morning. Not that it had anything to do with what I was actually dreaming about. But it does play into my beliefs about reincarnation and how we are all here to teach each other various lessons.

The thought that we are in this moment of time together ... is both daunting and inspiring. Daunting in that we were all able to meet here in 2020, a year full of turmoil, tragedy, and division ... yet inspiring because we are living life and continuing to grow as spiritual beings. And this spiritual evolution often comes more quickly during times of hardship.

Ultimately, it is love that binds us all together, whether we agree philosophically or not. Some might call me a romantic, but I think it is more than that. To me, love is the overriding principle of this Universe.

I've heard it said that love is like gravity – it makes people feel attracted to each other. And I feel that it is through love that the world can be healed after such a turbulent time.

But what about the dark forces that seem so determined to drown out the light, you might ask? In my mind, the light shines the brightest

against the darkness, and even these dark times will come to pass. With the cyclical nature of things, it is inevitable that we will face dark times.

But as long as we have love to light the way, we can pull ourselves out of the darkness and point ourselves toward a bright future once again.

In fact, many people argue that you need the dark to truly appreciate the light.

And that brings me back to the thought that popped into my head upon

waking up this morning: "I've traveled across a thousand lifetimes to be here with you in this moment." I am a big believer in soul contracts and soul groups. Our higher selves conspire to work together in the life between lives, and thus we make our contracts with each other to teach and learn in our various physical incarnations.

So, where we are now has literally been planned, at least since you left your previous life. But I think it goes beyond planning between each individual lifetime. I feel like there is a grand plan and that this lifetime and our roles in it were planned long ago, maybe even a thousand lifetimes ago.

So, there is a reason we face times of trials and tribulations, and I believe it's from these times that we emerge the strongest.

What do you think? ♦



Chad Wilson,
Publisher



Because most paranormal events have been cancelled due to the COVID-19 pandemic (also known as the novel coronavirus), in place of our Calendar of Events this month, we are providing you with a list of coronavirus resources.

For information on the pandemic, you can visit the links below:

World Health Organization

www.who.int/emergencies/diseases/novel-coronavirus-2019

- How to Protect Yourself
- Country & Technical Guidance
- Your Questions Answered
- Travel Advice
- Situation Reports

Centers for Disease Control and Prevention

www.cdc.gov/coronavirus/2019-ncov

- How to Protect Yourself
- If You Think You Are Sick
- What You Need to Know
- Resources for the Community

Harvard Health Publishing: Harvard Medical School

www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center

- FAQs About Coronavirus and COVID-19

- Podcasts, including “How to Conquer Your Anxieties During the COVID-19 Outbreak”
- Questions and Answers

The White House/CDC/FEMA

www.coronavirus.gov

- How to Prepare and Protect Yourself
- What to Do if You Think You Are Sick
- What Are the Symptom?
- Who Is at Highest Risk?
- What Is Social Distancing?

U.S. Department of Labor

www.dol.gov/coronavirus

- Workplace Safety
- Wages, Hours, and Leave
- Unemployment Insurance
- Support for Dislocated Workers and States
- Job Corps Students
- And more work-related issues due to the coronavirus

National Institutes of Health

www.nih.gov/health-information/coronavirus

- Symptoms and Testing
- Prevent Getting Sick
- Daily Life and Coping
- If You Are Sick
- People Who Need Extra Precautions ◆

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FROM CRYPTIDS TO JUST PLAIN CREEPY!

BY MORGAN LINEBERRY

LOCH NESS MONSTER SITED AGAIN

New evidence has emerged to further prove one of the world's favorite cryptids is still alive and real. According to Mike Merritt of *The Inverness Courier*, "Another startling image of a large creature inhabiting the depths of Loch Ness have been captured on sonar."



While skeptics are trying to explain it away, I can't think of any lake-dwelling creature that matches the size in this sighting. Expert Craig Wallace had this to say: "These fascinating images are genuine and unexplained contacts that would merit further investigation of the loch by more sophisticated sonar."

I am looking forward to this!

US HOUSE OF REPS LOOKS INTO UNIDENTIFIED AERIAL PHENOMENA

Is the U.S. House of Representatives investigating extraterrestrial phenomena? Maybe! According to a recent 12-page report by the Committee on Armed Services, "March 11th, the task force met to receive a clas-

sified briefing on Unidentified Aerial Phenomena."

While this doesn't necessarily accept the existence of aliens, according to Keith Basterfield and Pauline Wilson of ufos-scientificresearch.blogspot.com, it does suggest the government is looking into UFOs.



MYSTERY BEAST SPOTTED BY CAFÉ OWNER IN WALES

Café owner Robert Kardziz spotted a "mystery beast" outside of his business in Flintshire in Northeast Wales, according to Matt Warner of *The Leader*. Kardziz was locking up one night when he encountered a strange beast.



"It almost had the outline of a black lab or something like that, but the noise it made was a screech; it wasn't a dog," he said.

He did spot a large cat several years earlier that was supposed to be extinct. Could this creature be related? Or maybe it's a new cryptid to add to the list.

BIGFOOT SHOWS UP IN COLORADO ON GOOGLE MAPS

There is a new Google Maps photo that seems to show Sasquatch walking through Uncompahgre National Forest in Colorado, according to *Phantoms and Monsters*.





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KAREN FRAZIER



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The Google Map coordinates are 38°16'24.2"N 108°08'32.8"W if you are curious. The image clearly shows a large ape-like creature walking along an otherwise green and lush area of the forest. There are no trees, fences, or any-

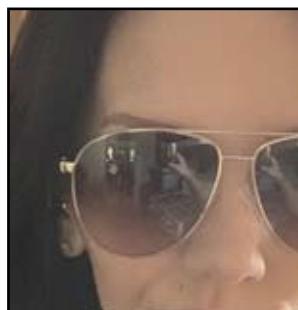


thing else surrounding it to obscure the creature, nor rocks or anything that could look like Sasquatch from the sky. It is the most compelling evidence I have seen of Bigfoot in a long time.

HOSTLY FIGURES CAUGHT IN SELFIE

How would you feel if you found an unexpected house guest in the background of your selfie? That is exactly what happened to one woman who wanted to see how her new sunglasses looked, according to Luke Matthews of the *Mirror*.

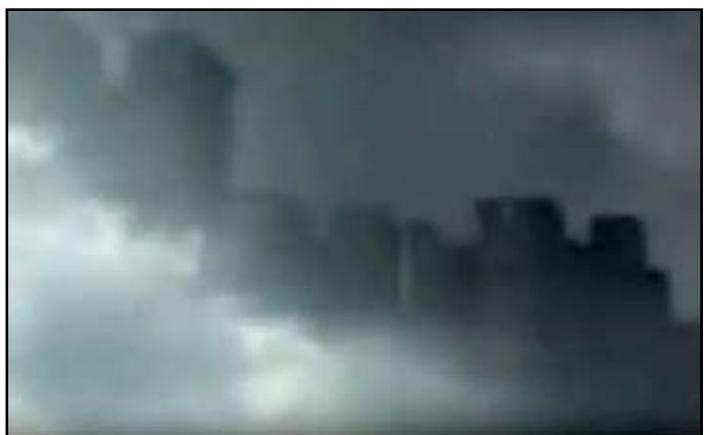
"A woman who sent a selfie to her boyfriend says she later spotted two figures in the reflection of her sunglasses," ac-



cording to the story. The woman claims that she was home alone and says that where a table should be in her photo she sees two "figures, a young boy standing on the left and a taller (kind of unsettling) figure on the right, side by side."

PARALLEL UNIVERSE SPOTTED IN CHINA'S SKIES?

The idea of parallel universes is not new, but it's an interesting concept that is discussed in the scientific community from time to time. One interesting example happened in China, when thousands of Chinese citizens saw "a mysterious city floating in the clouds for a couple of minutes before completely disappearing from sight," according to Amrita Kohli of NDTV.



People are questioning whether this was an optical illusion or a glimpse at a parallel universe. A third theory, though, is "that a top secret holographic technology was tested over a heavily populated city in an effort to gauge the general public's reaction." ♦

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13 SCARIEST HORROR MOVIE SCENES OF ALL TIME

BY ORRIN GREY, THE LINEUP

Searchers after horror haunt strange, far places,” H. P. Lovecraft wrote in *The Picture in the House*. For modern horror fans, that search often takes the shape of hunting down the scariest scenes in the creepiest movies they can get their hands on.

When it comes to unforgettable film scenes, true horror can mean something different to everyone: There are the reliable jump scares of movies like *The Conjuring* and *Paranormal Activity* and the visceral body horror fears of *The Texas Chainsaw Massacre* and *Hostel*. Then there are quieter, more existential terrors.

For this list, we’re focusing on all of the above. Covering all sorts of haunting subject matter, with films ranging from 1945 to just a few years ago and spanning several continents, these unforgettable horror movie scenes are guaranteed to give you a few sleepless nights.

WARNING: Spoilers ahead!

13. The Taking of Deborah Logan – Open Wide

There are plenty of eerie scenes in Adam Robitel’s found footage horror debut, but one of them is so startling that it was turned into a gif that became a viral sensation. And even in that condensed form, it’s strikingly creepy.

The story concerns a documentary crew that’s filming a project on Alzheimer’s patients and encounters something far more sinister instead. The scene in question comes near the end of the movie when the crew has pursued the seemingly possessed Deborah Logan into a mine. What comes next has to be seen to be believed ...

12. Burnt Offerings – The Chauffeur

For much of its running time, *Burnt Offerings* — directed by *Dark Shadows*’ own Dan Curtis — is a slow-burn that feels like it could easily have been made-for-TV. There is one scene, though, that stands out from the crowd: a nightmare sequence in which Ben (Oliver Reed)



The Texas Chain Saw Massacre (1974)

remembers a funeral he attended as a child. Specifically, he recalls a chauffeur whose smile is far more haunting than any special effect could achieve.

11. Dead of Night – Final Nightmare

Speaking of creepy chauffeurs, E. F. Benson’s short story *The Bus-Conductor* inspired one of the segments in this classic British anthology horror film. While the film’s most famous segment is the ventriloquist dummy tale, the most terrifying moment in the entire picture comes at the end, as all of the stories crash together in a nightmare set piece that has the unique distinction of having inspired astronomer Fred Hoyle’s “steady state” model of the universe.

10. A Nightmare on Elm Street – Tina’s Death

The first kill in Wes Craven’s original *Nightmare on Elm Street* may also be the scariest. What begins as an almost laughable scene — Tina’s body clocks her boyfriend in the head as an unseen Freddy swings her around — quickly turns bloody and horrifying as a screaming, crying Tina is dragged up the wall and across the ceiling, leaving a gory streak behind.



Burnt Offerings (1976)

9. Psycho – The Shower Scene

Scare scenes don't get much more classic than the infamous shower scene in Alfred Hitchcock's *Psycho*. Sure, the fake blood and implied nudity that shocked audiences in 1960 may be no great shakes today, but the piercing Bernard Hermann score and the rapid cuts that chop the scene into suggestive pieces all still work to startle more than half a century later.

8. The Conjuring – Hide and Clap

Being in the dark is never fun, but it's much scarier when you suspect you're not alone. That's what happens to Carolyn Perron (Lili Taylor) in this instant classic scene from James Wan's *The Conjuring*. She desperately strikes matches to chase the darkness away, only to find that a presence is waiting where she least expects it.

7. The Texas Chain Saw Massacre – The Red Room

There are so many unsettling scenes to choose from in Tobe Hooper's sun-drenched horror masterpiece *The Texas Chain Saw Massacre*. The dinner table scene alone is a masterclass in discomfort. But for sheer scares, the most disturbing moment comes when Kirk is exploring the Sawyer house.

Drawn to what sounds like a pig squealing, he walks to the doorway of a red room, the walls hung with animal

skulls. No sooner does he enter, however, than Leatherface appears, clobbering him with a hammer and leaving his body twitching on the ramp like a cow in a slaughterhouse. But the real icing on the cake is when Leatherface reaches up and pulls the room's sliding metal door shut.

6. Get Out – The Sunken Place

There are a lot of layers of fear operating in Jordan Peele's Academy Award-winning horror debut, but the creepiest scene might be the one where Chris (Daniel Kaluuya) and his girlfriend's mom (Catherine Keener) are chatting in the family den one night.

Whether it's Kaluuya's growing discomfort and fear, Keener's gradual tightening of the screws while maintaining a facade of friendliness, or the fact that this is the first time we see that there's something really wrong at the Armitage house, this scene, which introduces us to the "Sunken Place," is an instant classic in a genre known for skin-crawling set pieces.

5. The Eye 2 – What Time Is It?

Hong Kong shocker *The Eye* — a horror movie about a blind girl who can see ghosts after receiving a cornea transplant — got remade in the States with Jessica Alba in 2008. The most shocking scene, though, actually shows up in the 2004 sequel to the original.

Shu Qi plays a pregnant woman who gains the ability



The Conjuring (2013)

to see ghosts after a failed suicide attempt. While waiting at a bus stop, she hears a seemingly disembodied voice ask, "What time is it?" Then the body of a young boy suddenly drops from the sky to splat on the pavement, followed shortly by his mother. That's scary enough, but what makes the scene even creepier is how the boy continues to plead, "Miss, don't tell her the time."

4. The Haunting – Whose Hand Was I Holding?

Sometimes, what you don't see is scarier, and that's seldom been truer than in this classic scene from Robert Wise's 1963 adaptation of Shirley Jackson's *The Haunting of Hill House*. With strange voices in the night and a suggestive pattern on the wallpaper, this dynamite sequence saves its best scare for after the lights are on and the danger seems to be over.

3. The Exorcist III – Headless Statue

William Friedkin's *The Exorcist* enjoys a well-earned reputation as one of the scariest movies ever made, but the most terrifying scene in the entire series actually takes place in the franchise's third installment.

A nurse is working quietly at her hospital station while people move to and fro in the background. As she leaves to check on a patient, a figure dressed all in white appears from out of the door she just left, brandishing a pair of

scissors at neck height. The next image we see is a shot of a decapitated statue of Jesus, which suggests a lot without showing much.

2. The Changeling – The Red Ball

It's a scene that has been emulated, homaged, and outright ripped off countless times in the years since *The Changeling* hit screens in 1980, but never as well as in the original. Here, the red ball bouncing down the stairs is more than just a creepy image – it is a reminder of the deaths of the wife and daughter of John Russell (George C. Scott).

When he returns home after throwing the ball off a bridge, only to find it once more bouncing down the stairs toward him, John realizes that the haunting he is experiencing is much bigger and more inescapable than he had previously realized.

1. Audition – The Bag

Anyone who has ever seen Takashi Miike's infamous film will know immediately what scene I'm talking about when I say "that bag." The scenes of horror and torture in *Audition* are undeniably gruesome, yet it's one of the film's least visceral scares that sticks in the mind the most.

Asami sits quietly in a dingy room, waiting for the phone to ring. In the background lies a large, ominous bag. And when that phone finally does ring? It's a doozy.♦



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BY THE LINEUP

'FOCUSED LIFE-FORCE ENERGY'

HOW JEFFREY STEGMAN & CLAYTEN STEDMANN ARE RAISING CONSCIOUSNESS AROUND THE WORLD

By Cheryl Knight

Energy affects everything around it. And collective conscious energy is so powerful that it can significantly affect reality. It literally creates our reality, according to researchers. Think of the "law of attraction" or "the power of positive thinking."

Two researchers believe they've created a platform to raise collective consciousness throughout the world through what they call Focused Life-Force Energy (FLFE).

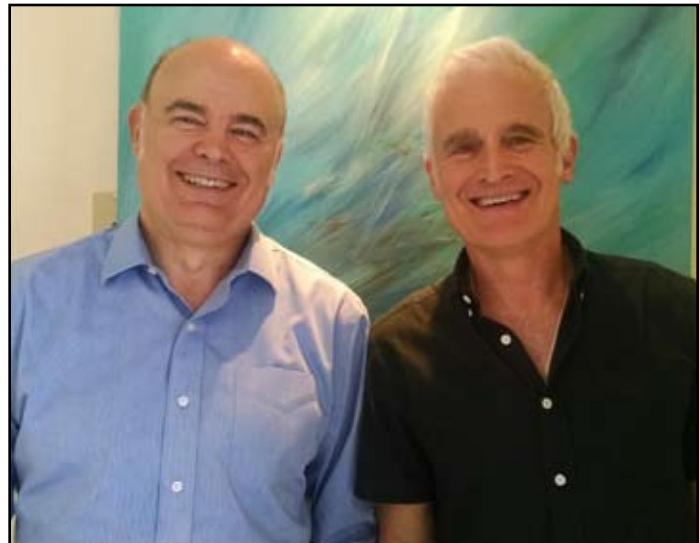
Jeffrey Stegman and Clayton Stedmann, who met in 2008 through a mutual friend, were independently working on accessing and utilizing high consciousness fields. Jeffrey was creating high consciousness fields and cultures in business, while Clayton was creating high consciousness fields for healing the human mind, body, and spirit.

They decided to combine their research power, along with an inventor who had discovered a way to redirect and focus large amounts of life force energy (also known as subtle energy) on an object. Leveraging Clayton's research into consciousness kinesiology, Jeffrey's engineering experience, and Dr. David Hawkins Map of Consciousness, they say they can now activate a high consciousness field at specific locations around the world using FLFE.

Clayten and Jeffrey originally used the device and associated technology to raise consciousness around the world as a public service project. But after 10 years of research, they choose to offer the technology through a formal FLFE program.

Jeffrey and Clayton recently spoke with *Paranormal Underground* magazine about FLFE and how to focus life-force energy and activate a high consciousness field.

* * * * *



Clayten Stedmann (at left) and Jeffrey Stegman (at right) founded the FLFE program to raise collective consciousness throughout the world.

Q: How is it possible to re-direct and focus large amounts of life-force energy (also known as subtle energy) on an object?

Jeffrey/Clayten: FLFE is a consciousness technology. Dr. David Hawkins discovered that fields of consciousness are everywhere and not just associated with sentient beings. The FLFE System gathers and focuses the available universal life-force energy (using proprietary technology) into a relatively small area with quantum characteristics. That area, in combination with the FLFE programs and the identification of the desired field location (the unique identifier) and via quantum association, activates a high conscious field.



The FLFE System is designed to create a consistent high-consciousness environment at a specific location.

Human consciousness works in much the same way. A person praying for a place holds in mind some identifier for that place. An example of this is picturing the place in your mind. This works the same as our unique identifier (as we call it), an example of which is a legal address or a cellular phone device with a phone number. We believe that in both situations, a person praying and the FLFE service, a field is activated at the place. In the example of the person praying, the characteristics of the activated field are the thoughts and feelings of the person. If they feel love and compassion, the field activated has the level of consciousness of those feelings.

The FLFE System uses FLFE programs (which are written instructions) to specify the characteristics of the activated field, such as the level of consciousness and the thoughts in the field. The FLFE System sends energy that is very similar to human thoughts. One of the differences is that it is highly regulated to ensure that the energy is consistently positive according to the chosen parameters (560 or higher LOC on the Hawkins Map), which is different from the human mind, which tends to wander.

The FLFE System is designed to create a consistent high-consciousness environment for you to thrive in. We have processes in place to ensure that a field of 560 or higher on the Hawkins Map on a property is activated and maintained.

Q: How does the FLFE System create a high-consciousness environment?

Jeffrey/Clayten: There are three main ways that the FLFE System creates a high-consciousness environment:

1. Each of the FLFE programs for the FLFE Service are written and refined until they each measure 999 or higher on the Hawkins Map. Measuring consciousness of a document is an assessment of the truth in absolute terms and the level of consciousness of the thoughts in the document.

2. Each of the FLFE programs has this phrase: "Do this in such a way that it is in the highest and best interests of all of creation." This may seem simple, and it is a critical part of the programs. We tested all FLFE programs initially and on an ongoing basis (as conditions can change) whether it was in the highest and best interests of all creation for the program to remain on the FLFE System. This safety valve negates thoughts in the programs if it is no longer in the highest and best interests of all of creation for it to continue. This considers all factors.

3. Our technology is proprietary. We do not sell FLFE devices. We also keep strict control of our FLFE System and databases so that only we (the co-founders) have access to them. And we have multiple redundancies in the event of a failure of any one piece of hardware.

We also have processes in place to make sure that properties are at 560 or higher on the Hawkins Map when beginning the service and remain there or above while on the service. We have a team checking the level of consciousness of all properties coming onto the FLFE service within approximately three days, as well as checking all existing properties once a week.

How does FLFE work?

 FOCUSED LIFE-FORCE ENERGY
UPHOLDING A HIGH LEVEL OF CONSCIOUSNESS



Q: FLFE's culture statement says that you "believe in the power of business as a spiritual practice path to change the world in a positive way." What do you mean by that?

Jeffrey/Clayten: At this time in history, we believe that business has a high amount of power in the world. It is more powerful than religious institutions and governments. Therefore, we believe there is an opportunity to change the world through business. Our intention is to conduct business at FLFE in a way that is in alignment with what is in the highest and best interest of all creation.

We use kinesiology (muscle testing) and other forms of connection to check if a specific action in the business is in the highest and best interest of all creation. It is a type of spiritual practice for us to pause, connect in our own way, and consider the larger picture when deciding on a course of action.

There is also group of us who consider the business of FLFE a spiritual path for us. The business is like an ashram for us; it is the center of our spiritual life. While conducting business, we are, for example, testing our lovingness, facing our shadows, and growing personally through these interactions. Like any spiritual path, it can have challenges and breakthroughs. We believe that with this orientation, there is a better chance of a business having a positive effect on the world.

Q: What is Dr. David Hawkins's Map of Consciousness?

Jeffrey/Clayten: In the latter half of the 20th Century, a very successful psychiatrist, David R. Hawkins, after

treating thousands of patients, began to see common levels of thinking, feeling, and acting. He realized that people's challenges and advances depend on their level of consciousness. He first outlined a scale measuring level of consciousness or vibration, named the "Hawkins Map of Consciousness," in his New York Times bestselling book *Power Versus Force* (1995). Hawkins, along with a group of researchers, over a period of more than 25 years, used kinesiology to measure the level of consciousness in everything they could imagine: people, books, music, events, countries, locations.

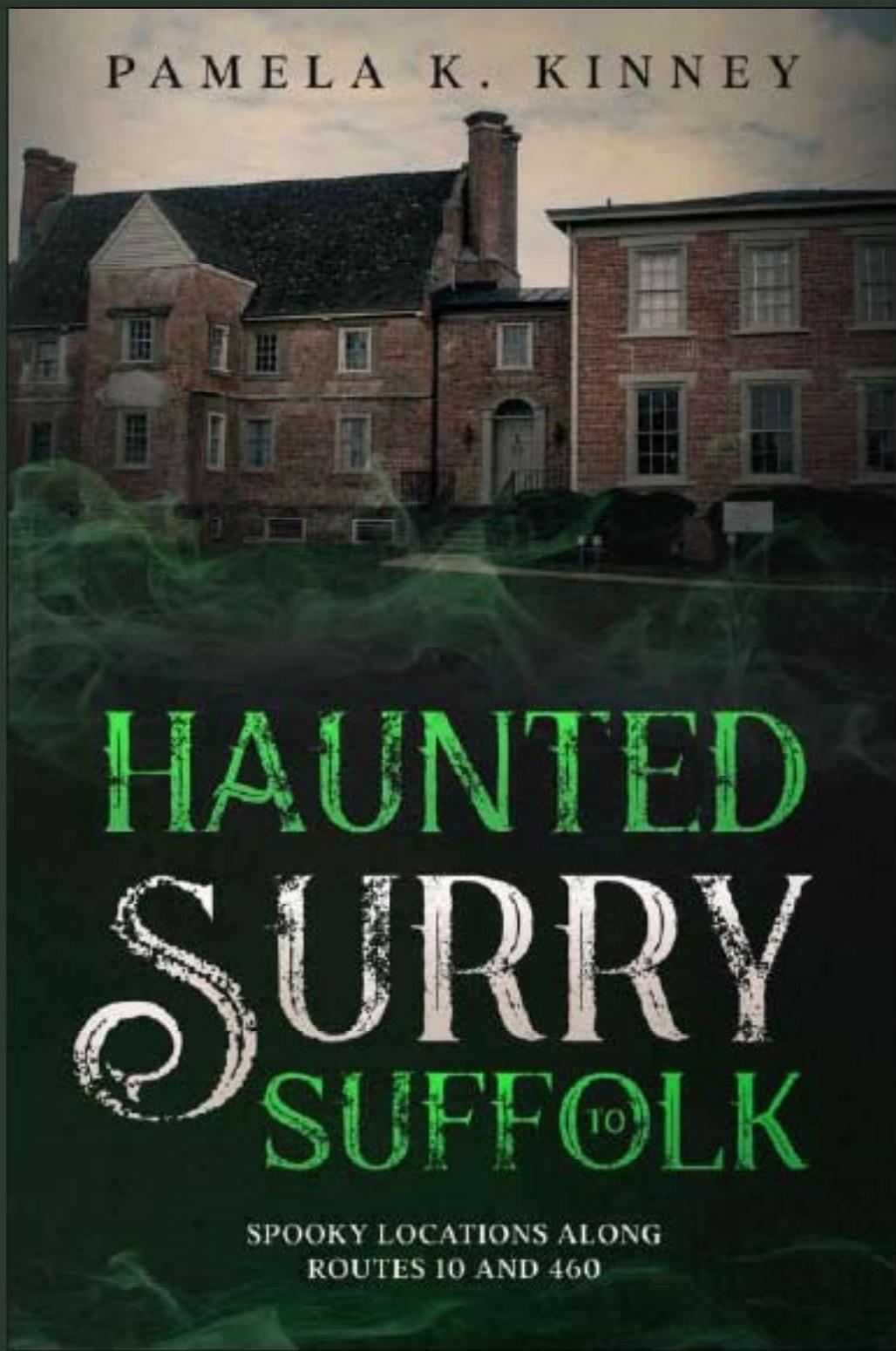
Hawkins documented these consciousness levels on a scale from 1 to 1,000. On this scale, 200 is the level above which we begin to add energy to everything around us. Below 200, we are net consumers of energy. A few of these levels are shame, which vibrates at 20, fear is 100, courage is 200, acceptance is 350, and love is 500. Enlightenment levels range from 600 to 1,000. Today tens of thousands of Hawkins students and practitioners in multiple disciplines use the Hawkins Map to measure and effect change in the quality of life and personal evolution.

Q: What is the FLFE Genesis Machine?

Jeffrey/Clayten: The FLFE System has evolved throughout the company's history. Originally, there was a primary device, which we called the FLFE Genesis Machine. It has been replaced by multiple FLFE devices, which make up the FLFE System. This was done to increase the capacity of the system and to add back-up systems, which create redundancy.

The FLFE System redirects and focuses Life-Force Energy (also known as chi, prana, and mana, which is

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present throughout the Universe). A field is created in the FLFE device that has quantum characteristics. The FLFE System uses unique identifiers for a property, a cell phone, or an object to create a quantum association between it and the FLFE System. This quantum association is used to activate a high consciousness field at the property or around a cell phone or an object.

Q: What are the benefits of utilizing FLFE?

Jeffrey/Clayten: Currently, the FLFE field of the flagship product, when associated with a property, is designed to raise the level of consciousness of the area to a minimum of 560 on the Hawkins Map of Consciousness within five seconds.

The high vibration, high consciousness energy field enfolding the land and building(s) supports the environment to become more positive, which means more life-force energy (chi, prana, mana) is present. All beings in the environment, including plants, animals, and people can benefit from the increased life-force energy. Many FLFE subscribers increased plant vitality and growth. Our plant experiments in the FLFE environment confirm this, showing 29% increase in leaf length versus a control.

Many people report an increase in their personal energy and feel uplifted. The FLFE free trial has a control panel so that people can try experiencing the FLFE environment and experiment with turning it on and off, as well as adjusting the level of consciousness.

The FLFE environment clears the negative history from the land and buildings so that it is free of any historical influence (which we may not even know about) and free of any newly created negative interactions and thoughts. The FLFE environment also compensates for geopathic stress that may be affecting the property. Examples of geopathic stress are underground streams, moving water tables, and vehicle traffic patterns.

The high vibration, high-consciousness energy field enfolding the land and buildings supports loving interactions and communication every day, enhancing the potential for positive relationships.

The unique characteristics of the FLFE high-consciousness field with the added energetic signature of shungite harmonizes consciousness-lowering EMFs.

Spending time in a high-consciousness, high-energy field gives your body access to that energy for healing. Therefore, people throughout the ages have traveled to sacred places for healing. The physical body can begin healing projects long delayed for lack of energy. Our

research has shown that the regeneration rate of cells increases when time is spent in an FLFE high-consciousness field.

The FLFE high-consciousness field and specific sleep programs support deep and restful sleep. Our surveys of subscribers showed an increase in the quality of sleep. It also supports the mind to be clearer of distracting thoughts as negative energetic influences in the environment are cleared. The body can have more personal energy and stamina so that longer periods of concentration can occur with more ease.

The clarity of mind and the clearing of the environment, as well as enhanced personal energy, support deeper meditations and deeper states of creative expression.

The Institute of Noetic Sciences and FLFE conducted experiments, one of which showed an increase in alpha wave activity in people experiencing the FLFE field. Alpha wave activity indicates calm and focus and is associated with meditative states.

One explanation of paranormal phenomenon is the access or bridging of multiple dimensions with consciousness.

Q: What else is essential for our readers to know about the FLFE technology?

Jeffrey/Clayten: One explanation of paranormal phenomenon is the access or bridging of multiple dimensions with consciousness. One possible attribute of the personal higher levels of consciousness is the potential to access the “other side” (other dimensions) and the intelligence of other forms of consciousness that reside there.

Sages and masters through the ages have demonstrated this. At FLFE, we measure consciousness using consciousness kinesiology on a scale similar to the Dr. David Hawkins Map of Consciousness. Using that scale, we measure that, on average, new FLFE subscribers who spend eight hours per day in the FLFE environment rises 20 points on this scale over 90 days.

We have had reports from subscribers of an increased sensitivity and an increased ability to connect with their intuitive gifts. The FLFE environment is an energetic sanctuary that supports the evolution of consciousness, which also includes supporting physical health, as that can be a limiting factor if we have pain or health issues that are troubling us.

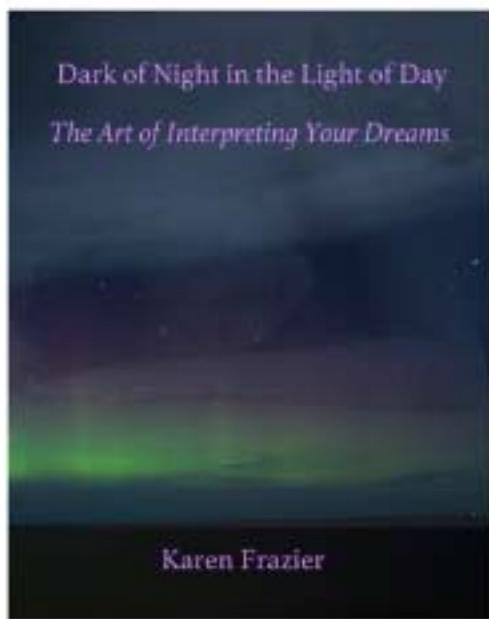
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For more information about Jeffrey and Clayton, as well as FLFE, visit www.flfe.net. ♦

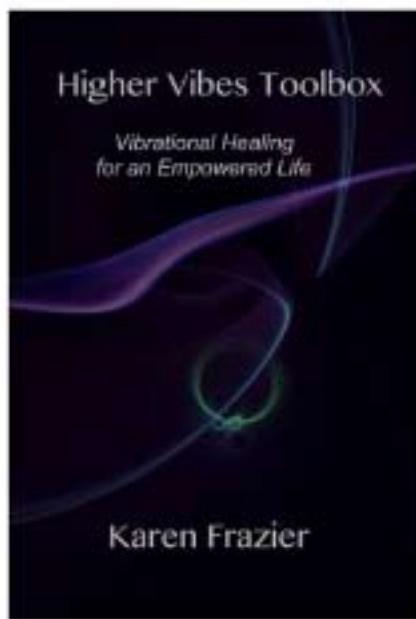
New from *Paranormal Underground* columnist

Karen Frazier

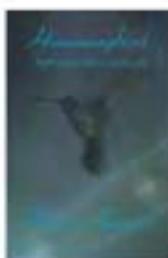
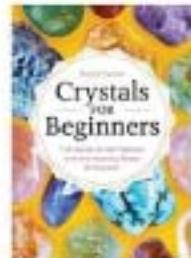
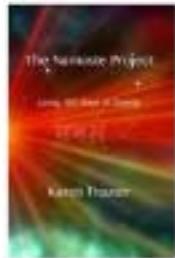
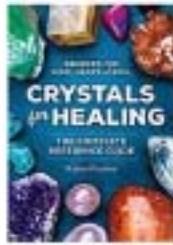
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Also by Karen



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Do PANDEMICS HAVE METAPHYSICAL ASPECTS?

By Bob Fountain, Spectral Tech

I'm sure there is no one who is tired of hearing about COVID-19 and the chaos it has caused around the world. Of course, I'm just kidding. When most of us hear anything related to this virus, we only think of the dead and the dying this disease has caused. But the endless debates of whether it was manmade, a fluke of nature, some country's fault, or some politicians' bad decisions leaves one numb to other views about pandemics.

It has been determined that approximately 8% of our DNA contains pieces of viruses that humans have encountered throughout history. Some of these viruses have almost wiped out humanity, but some have actually been beneficial to our evolution as a species.

So, what does any of this have to do with the paranormal or metaphysical?

Virus vs. Bacteria

Pandemics have been around long before man, and unless we self-destruct, they will be with us far into the future. These outbreaks usually fall into the category of viruses or bacterial infections. Most bacteria are not harmful to humans, but strains like those that caused bubonic plague, cholera, and tuberculosis killed millions before the advent of antibiotics.

Viruses, such as COVID-19, are really bad news. Smallpox, Spanish flu, Ebola, and swine flu are some of the better-known viral killers we have already had to fight. Influenza has been deemed the seventh largest killer in the U.S. today. Usually the fight to isolate these killers revolves around finding the source of the outbreaks and containing their spread. Then the tasks of identifying the virus or bacteria gives us the clues needed to contain or eliminate the threat.

Could Pandemics Have Metaphysical Aspects?

What often goes unnoticed is what was going on in the world when these pandemics began. The Span-



ish flu spread in the middle of World War I, Ebola was prevalent during turmoil in Africa, and many of the other pandemics in history were the result of humans treating Earth like a garbage dump.

Does this mean there is a metaphysical reason for these pandemics?

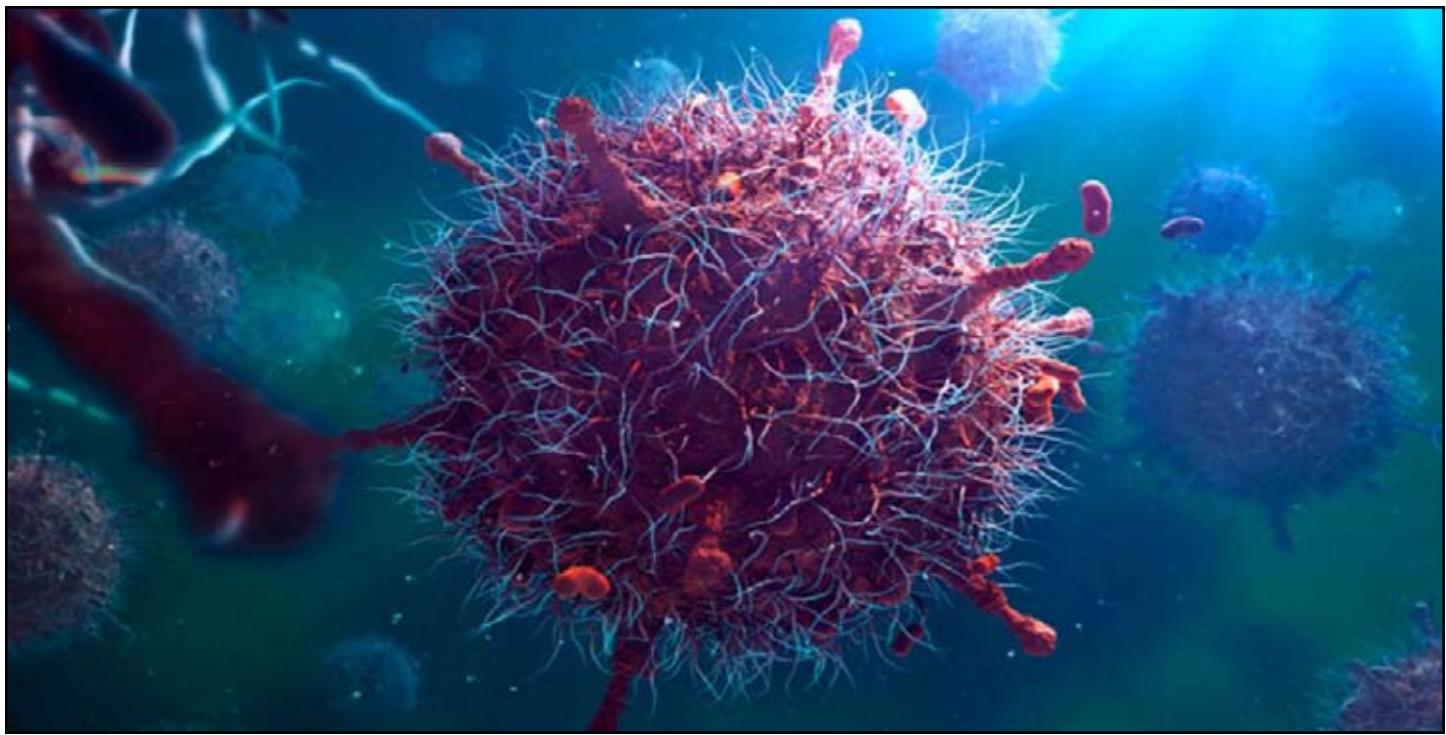
Gaia

The Gaia hypothesis theorizes that the Earth is a self-regulating complex system. This system seeks a chemical and physical environment optimal for contemporary life.

Could Gaia be self-regulating because it has evolved a consciousness and has determined that humans are the source of its virus and has created the means of ridding itself of some of these human viruses? By creating an organism that can infect a few humans and the fact that humans basically infest the Earth, it wouldn't take long to rebalance the environment.

Prehistoric Viruses

Could some of these pandemics been the result of ancient viruses and bacteria being unearthed that have been



buried in permafrost or under the ice for eons? Several scientists have voiced concerns that digging down into Antarctica could release organisms we have never seen before. Could these organisms be the cause of pandemics of the future?

Panspermia

Another potential cause of pandemics could be the result of panspermia. This is the belief that organisms can come from outer space and create new life or interact with other organisms already here.

The theory of panspermia has gained some validation from organisms found growing on the outside of the international space station and from biological material in meteorites found on Earth. Cambridge University physicist Dave Ansel has calculated that roughly 40,000 tons of space dust accumulates on earth every year. Could any of this "dust" contain organisms that could harm us or change our evolutionary path?

How much of the viral segments in our DNA have come from panspermia? Could the beneficial viruses in us come from divine intervention or even aliens to ensure our survival?

Soul Contracts

Most pandemics are not selective in who they kill. Be it young or old, rich or poor, atheist or religious, pandemics spares very few.

It is believed by many that soul contracts or agreements are made with other souls before we are born. The souls we have contracts with are those who touch our lives

at specific times and bring deep changes in us. Soul contracts are made for a specific purpose, which is to teach us important lessons we have chosen to learn during this lifetime. Throughout our lives we have people that come in and out of our lives that leave lasting impressions, that open our eyes or change the path we are on. Sometimes these souls become lifelong companions, or they quickly fade from our lives once the contract is fulfilled.

Could soul contracts explain how your 100-year-old grandma survived in a nursing home when everyone else died or a young person in excellent health dies without warning? Could those people who survive a pandemic, and those who don't, be fulfilling soul contracts?

A Wake-up Call?

Could a pandemic be a wake-up call from our creator, on a global basis, so that we treat our planet with respect and live in harmony with nature? There is a world full of other souls who are here trying to learn their lessons, just like we are.

Is a pandemic a way to teach an entire planet a critical lesson? Does it help us to remember the loved ones we lost and how precious the loved ones we still have with us really are ... and that is what truly matters? Did those who are no longer with us make a soul contract to be part of this awakening?

The one thing pandemics do well is to change our lives and burn their memories into our souls. It's up to us to decide if a pandemic is just a medical aberration or a wake-up call?♦

NEW YORK'S MOST HAUNTED RESTAURANT:

One if by Land, Two if by Sea

By Rick Hale, Psychical Researcher

Nestled away down a side street in New York City's West Village can be found One if by Land, Two if by Sea — one of the many restaurants in New York where a person can dine in elegance and possibly have a brush with the supernatural. According to staff and patrons alike, this upscale restaurant is haunted by no less than 20 ghosts. And some of these phantoms are figures from the birth of our nation.

Throughout its long history as a fine dining establishment, those who work and eat there have reported encounters with shadowy entities and ghostly beings. Plates and silverware are inexplicably known to suddenly raise off shelves in full view of people. They then float around the room as if guided by an unseen intelligence. Bone-chilling cold spots seem to follow wait staff as they serve customers.

Due to this unnerving activity, several employees have left in the middle of a shift with no explanation. While this activity may be unnerving to say the least, it is the apparitions that some folks find truly disquieting.

The apparition of a tall, gaunt man in 18th-century garb is regularly seen lingering near the fireplace. No one can say with any certainty who he was in life. However, he appears to be congenial as he greets people with a warm smile and a friendly nod before fading away.

A second frequently witnessed spirit is that of a lovely, young lady who floats up the stairs and never comes down. It's commonly believed she was a former patron who tripped on her gown and tumbled down the stairs. When employees and patrons came to her aid, it was too late. In the fall, she broke her neck and was dead before she hit the bottom of the stairs.

If a floating woman and a vanishing 18th-century gentleman isn't enough, there's a table that seats a rowdy



Patrons of this haunted restaurant experience sightings of full-bodied apparitions, levitating dishware, and much more.

bunch of ghosts. On several occasions, management responded to patron complaints of a table full of a rowdy, drunken group of men. When management approached the table, the group of men abruptly vanished, leaving behind a table covered in spilled alcohol.

Of all the ghosts said to lurk in the restaurant, none is more famous than Aaron Burr. Burr served as vice president under Thomas Jefferson, third President and author of the *Declaration of Independence*. But it wasn't his turn as vice president that cemented his place in the history books. Rather, it was a deadly duel with his political rival and sworn enemy, Alexander Hamilton.

One night while enjoying a meal in the company of friends, he overheard Hamilton insult his honor during a drunken rant. The next day, Burr challenged Hamilton to an early morning pistol duel. Upon receiving the



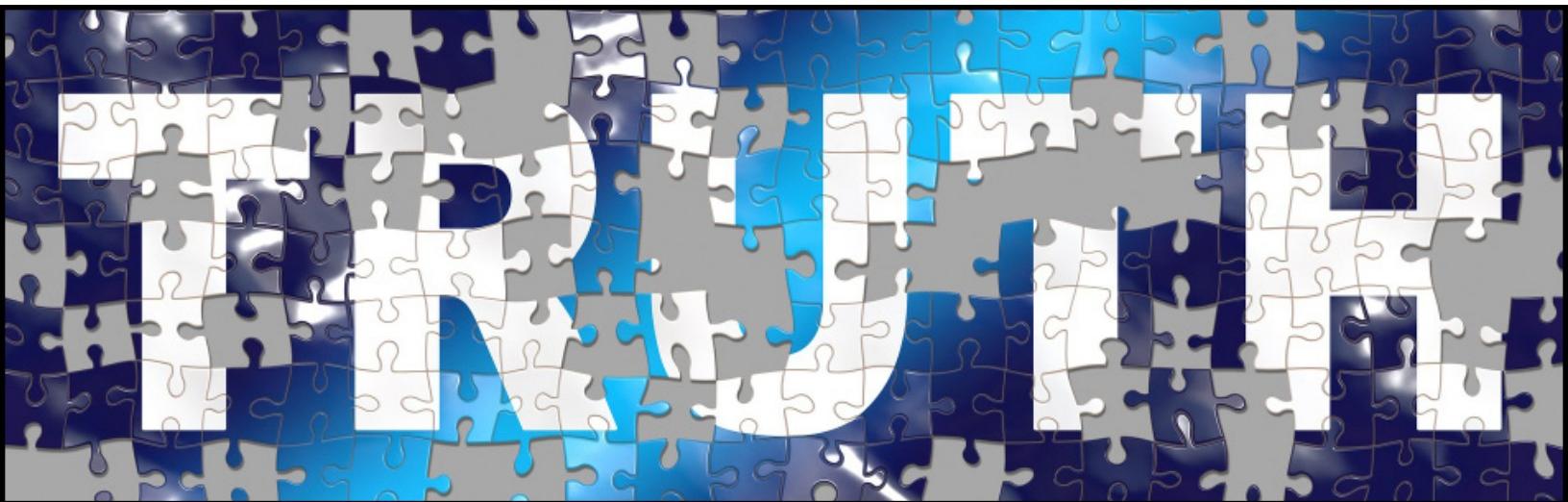
Ghostly apparitions spotted at the restaurant include a friendly 18th-century man, a beautiful young woman, and a rowdy group of spirit having some fun at their favorite table.

The ghost of Aaron Burr is also said to roam the property. Burr, who served as vice president under Thomas Jefferson, shot and killed Alexander Hamilton during an infamous duel in 1804.

his injuries and died. And as the saying goes, the rest is history.

Today, the apparition of Aaron Burr has been seen walking about the restaurant with his beloved daughter, Theodosia. Theodosia, resided in the building when it was her father's carriage house. The pair appear to be making the rounds as they inspect the handiwork of restaurant staff. And if they see something they don't like, they are not shy in making their displeasure known. Many staff members have had to go back and set places again just to make the ghostly duo happy.

If you're ever in New York City's West Village and looking for a fine dining experience, look no further than the One if by Land, Two if by Sea — a restaurant where the history of America collides with hauntings. ♦



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THE NIACIN 2013 CROP CIRCLE: A CHEMICAL PERSPECTIVE

By Brett I. Cohen, Ph.D.

A crop circle or crop formation is a pattern created by flattening a crop found in a field. The crops are usually composed of a cereal in structure. In order to appreciate or recognize the full worth of a crop circle formation, it must be viewed from the air (where photos can be taken and studied).

There are a few examples of reports in the literature of crop circles in early history. For example, a 1678 news pamphlet, *The Mowing-Devil: or, Strange News Out of Hartfordshire*, is claimed by some cereologists (a person who studies crop circles, especially one who believes that they are not man-made or formed by other terrestrial processes) to be the first depiction of a crop circle. In 1686, British naturalist Robert Plot reported on rings or arcs of mushrooms in *The Natural History of Staffordshire* and proposed air flows from the sky as a possible cause. Lastly, an 1880 letter to the editor of *Nature* by amateur scientist John Rand Capron describes how a recent storm had created several circles of flattened crops in a field.

The term crop circle was first coined in the early 1980s. While obscure natural causes or alien origins of crop circles are suggested, there is no scientific evidence for such explanations. The number of crop circles around the world has substantially increased from the 1970s to today. There have been very few scientific studies of crop circles throughout the world.

Crop circles in the United Kingdom are not distributed randomly across the landscape, but appear near roads. Also, crop circles in the U.K. are also observed near cultural heritage monuments, such as Stonehenge or Avebury. Formations are usually created overnight, although some are reported to have appeared during the day. In 1991, two hoaxers, Bower and Chorley, took credit for having created many crop circles throughout the U.K.

Many of the crop circles observed around the world involve patterns that contain circles or circles within

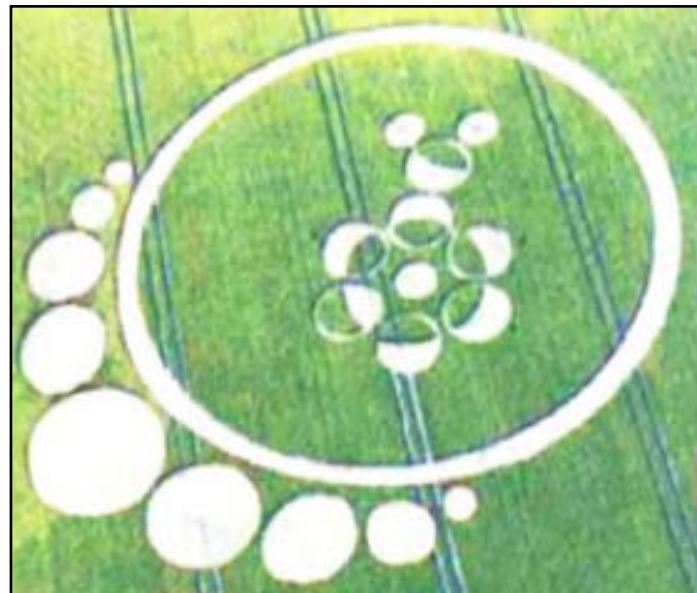


Figure 1. Niacin 2013 Crop Circle

circles, stars or stars within stars, rods, half-moons, and other elaborate geometric shapes. Strangely, a few crop circles are found to be chemical molecules. For example, there was an amazing crop circle that appeared on July 23, 2011, in Wiltshire, U.K. This crop circle had the structure of melatonin (a hormone produced by the pineal gland, among other locations in the human body). Also, very close to Wiltshire, U.K. near Stonehenge (located at Amesbury, Salisbury), on August 1, 2013, a crop circle of niacin (also known as vitamin B3) was observed (see Figure 1). It is interesting to note, that the 2011 melatonin crop circle was only of melatonin with no other circles or other geometric shapes around or encompassing the melatonin molecule. The niacin crop circle found in Figure 1, however, is much more interesting because the niacin molecule is found in a large circle, and outside of the larger circle are nine other smaller circles.

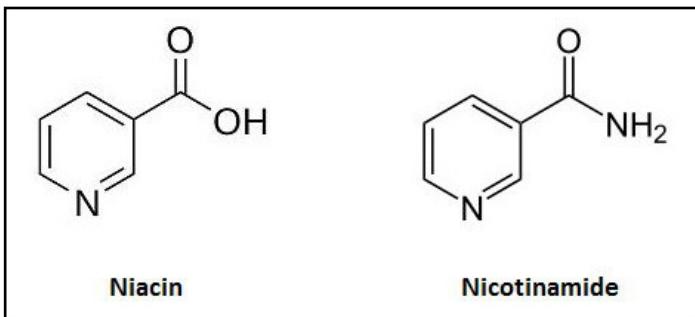


Figure 2. Niacin Molecule

Since minimal research and study can be found in the literature for this U.K. niacin crop circle in 2013, this article will attempt to interpret this crop circle chemically using a chemical approach (since the molecule inside of the crop circle is a chemical compound, niacin).

The Molecule Niacin

Niacin, is also known as nicotinic acid. Niacin is an organic compound and a form of vitamin B3, which is an essential human nutrient. It has the chemical formula of C₆H₅NO₂ and belongs to the group pyridinecarboxylic acid. Niacin is obtained in the diet from a variety of whole and processed foods. The highest contents of niacin are found in fortified packaged foods, such as tuna and some vegetables and other animal sources.

Medication and supplemental niacin are primarily used to treat high blood cholesterol and pellagra (niacin deficiency). Insufficient niacin (in the body) from poor diet can cause nausea, skin and mouth lesions, anemia, headaches, and tiredness. The lack of niacin may also be observed in pandemic deficiency diseases, which are caused by a lack of five crucial vitamins (niacin, vitamin C, thiamin, vitamin D, and vitamin A) and are usually found in areas of widespread poverty and malnutrition.

Niacin is a colorless, water-soluble solid that is a derivative of pyridine, with a carboxyl group (COOH) at the 3-position (see Figure 2). Other forms of vitamin B3 include the corresponding amide nicotinamide (niacinamide) (Figure 2), where the carboxyl group has been replaced by a carboxamide group (CONH₂). Niacin derivatives also include more complex amides and a variety of esters (see below for further description of Inositol Hexanicotinate (IHN)).

Niacin Chemical Interpretation From the Niacin Crop Circle

On inspection of the niacin crop circle in Figure 1, there is a niacin molecule in the center of the large circle. The niacin ring involves five carbon atoms with one nitrogen atom (chemical formula of C₆H₅NO₂) (see

Figure 2). The five carbon atoms are all orientated in the same direction, where the light and dark portions of the crop circle are all the same. The nitrogen atom, however, is orientated differently, with the light and dark portions being different (hence in a different direction) from the carbon atoms. The two remaining oxygens are shown in the crop circle as solid white, indicating a carboxylic acid group (C(=O)OH) found for niacin.

The dark small dots found outside of the carbon atoms on the niacin ring represent hydrogen. It should be noted that the niacin atoms are all chemically correct as depicted in the niacin crop circle. Clearly, some intelligence with the ability to acquire and apply knowledge and skills was at work here, and the niacin molecule could not be produced via chance (such as by a storm).

On inspection of the niacin crop circle in Figure 1, the carboxylic acid group (C(=O)OH) is missing a hydrogen (a small dark spot should be seen outside of the solid white oxygen atom in the crop circle). This lack of hydrogen for the carboxylic acid group (C(=O)OH) suggests that the niacin molecule is chemically reacting. The niacin is, therefore, negatively charged (C(=O)O-) and highly reactive. If the niacin in the crop circle is reacting, it is also suggested in this article that the reason it is found within a larger circle within the crop circle is to illustrate that the niacin is reacting in a circular fashion.

Figure 3 illustrates the reactivity of six niacin molecules (which represents a circle) that has been esterified (which also results in a loss of six water molecules) with a ring from an alcohol to give a derivative form of a dietary supplement, which is IHN. IHN is a compound

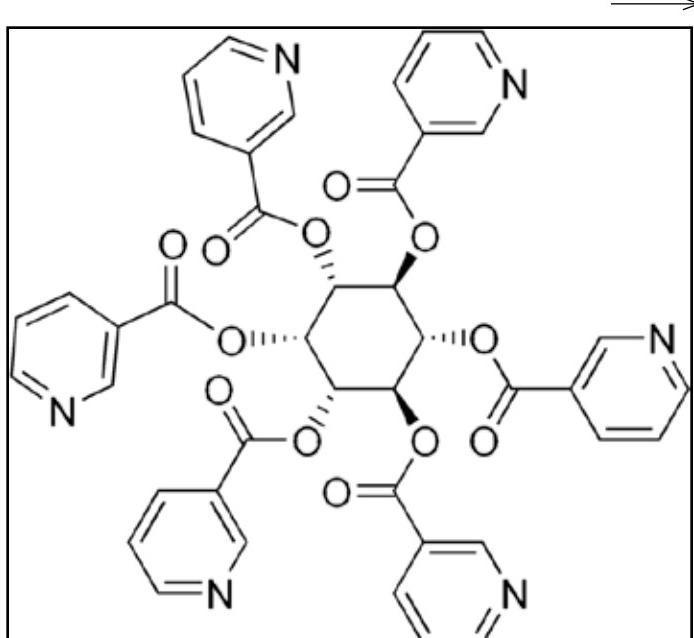


Figure 3. Inositol Hexanicotinate (IHN) Molecule

CASE FILES OF THE UNKNOWN: ARE WE ALONE?

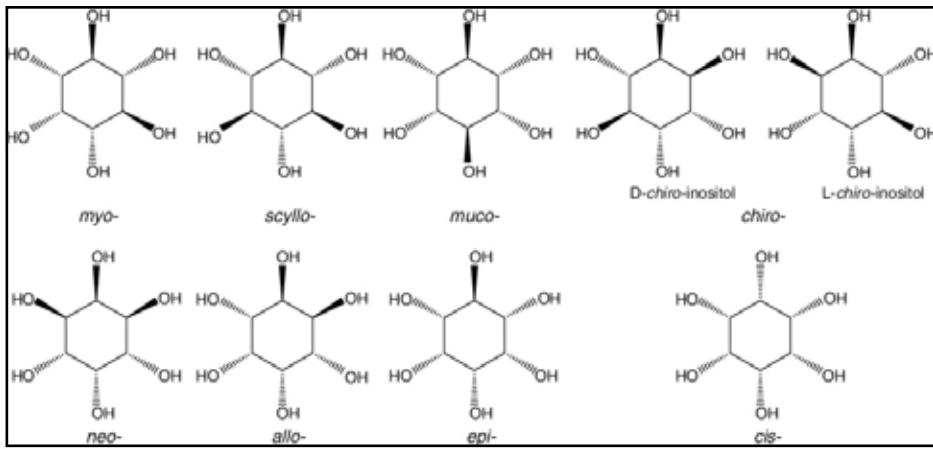


Figure 4. Possible nine isomers for Inositol Hexanicotinate (IHN). Please note: The alcohol (for inositol) is shown for simplicity where the hydrogen are replaced by niacin like that illustrated in Figure 3.

made of niacin (vitamin B3) and inositol. Inositol occurs naturally in the body and can also be made in the laboratory. Therefore, this form of dietary supplement is IHN, where inositol has been esterified with niacin on all six of inositol's alcohol groups (see Figure 3).

IHN is usually sold as "flush-free" or "no-flush" niacin in units of 250, 500, or 1000 mg per tablets or capsules. Nositol is a carbocyclic sugar that is abundant in brain and other mammalian tissues and mediates cell signal transduction in response to a variety of hormones, neurotransmitters, and growth factors.

This form of supplement IHN could be drawn on paper using different isomers. Isomers are three dimensional representations (within an X, Y, and Z coordinate planar system) with two of the IHN isomers being inositol enantiomers (see Figure 4). The molecules L- and D-chiro inositol enantiomers are mirror images of each other.

If you inspect the nine circles outside of the larger circle for the niacin crop circle (see Figure 1), many are mirror images of each other. In other words, if an imagery or visually symbolic mirror is placed in the middle of the largest circle (of the nine separate circles found outside of the largest circle that contains the niacin molecule) the remaining four smaller circles are mirror images on each side. This could be a clue to describe the esterified process from the supplement IHN.

Figure 4, summarizes the possible isomers (nine) for IHN, the alcohol (from inositol) is shown for simplicity in Figure 4 (where the hydrogen are replaced by niacin like that illustrated in Figure 3). On inspection of Figure 1, the niacin crop circle also has nine smaller circles outside of the larger circle. These nine smaller circles found in the niacin crop circle could represent the possible nine isomer of IHN.

Isomer structures for myo-inositol is a meso com-

pound, and hence optically inactive, because it has a plane of symmetry. For this reason, meso-inositol is an obsolete name for this compound. Besides myo-inositol, the other naturally occurring stereoisomers are scylo-, muco-, D-chiro-, and neo-inositol, although they occur in minimal quantities in nature. The other possible isomers are L-chiro-, allo-, epi-, and cis-inositol (see Figure 4).

As their names denote, L- and D-chiro inositol are the only pair of inositol enantiomers (which are stereoisomers and are mirror images of each other). In its most stable conformation (IHN), the myo-inositol isomer (the first isomer found in Figure 4) assumes the chair conformation (which is a very stable conformation structure). Figure 5 illustrates the geometry of the chair formation (most stable isomer of IHN where for simplicity the P represent the niacin molecule (like that illustrated in Figure 3)).

It is also suggested in this article that the size of the nine smaller circles outside of the larger circle in the niacin crop circle (see Figure 1) could represent the probabilities (as it relates to the given sizes of the nine smaller circles in the crop circle itself) of these nine isomers of IHN and the largest circle (found in the middle) could also represent the myo-inositol isomer found for the chair conformation (see Figure 5).

Also, the smaller sized circles (found within the nine circles) could represent stereoisomers of IHN; scylo-, muco-, D-chiro-, and neo-inositol, which occur in minimal quantities in nature (Figure 4). It is also important to understand that it is extremely rare that any organic compound would have the possibility of nine separate isomers. This adds more credibility or belief in the detailed chemical interpretation found in this article concerning the niacin crop circle.

It should be noted that IHN is used for treating blood circulation problems, including pain when walking due to poor circulation in the legs (intermittent claudication); skin changes caused by pooling of the blood in the legs (stasis dermatitis) when veins are ineffective in returning blood to the heart; narrowing of the blood vessels leading to cold fingers and toes (Raynaud's disease); and blood flow problems in the brain (cerebral vascular disease).

IHN has been used in conventional medical practice in the U.K. for improving symptoms of poor circulation for many years. In addition, IHN is also used for high cholesterol; high blood pressure; sleep problems (in-

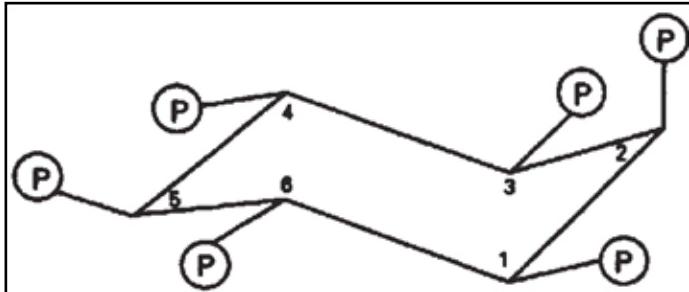


Figure 5. Chair conformation of the myo-inositol isomer of Inositol nicotinate (IHN). Please note: P represent the niacin molecule (like that illustrated in Figure 3).

somnia); migraines related to “hardening of the arteries” (atherosclerosis); skin conditions, including scleroderma, acne, dermatitis, psoriasis, and others; inflammation of the tongue (exfoliative glossitis); restless leg syndrome; and schizophrenia and other mental illnesses. In other words, it could be said that IHN could be used for life extension and/or longevity.

Implications of the Niacin Crop Circle

This article postulates a detailed chemical interpretation of the 2013 niacin crop circle. Since niacin and its chemical derivative, IHN, is essential to human health, the health implications are obvious and easy to perceive and understand. As stated above, IHN is a derivative form of vitamin B3, which is an essential human nutrient. The lack of niacin may also be observed in pandemic deficiency diseases, which are caused by a lack of five crucial

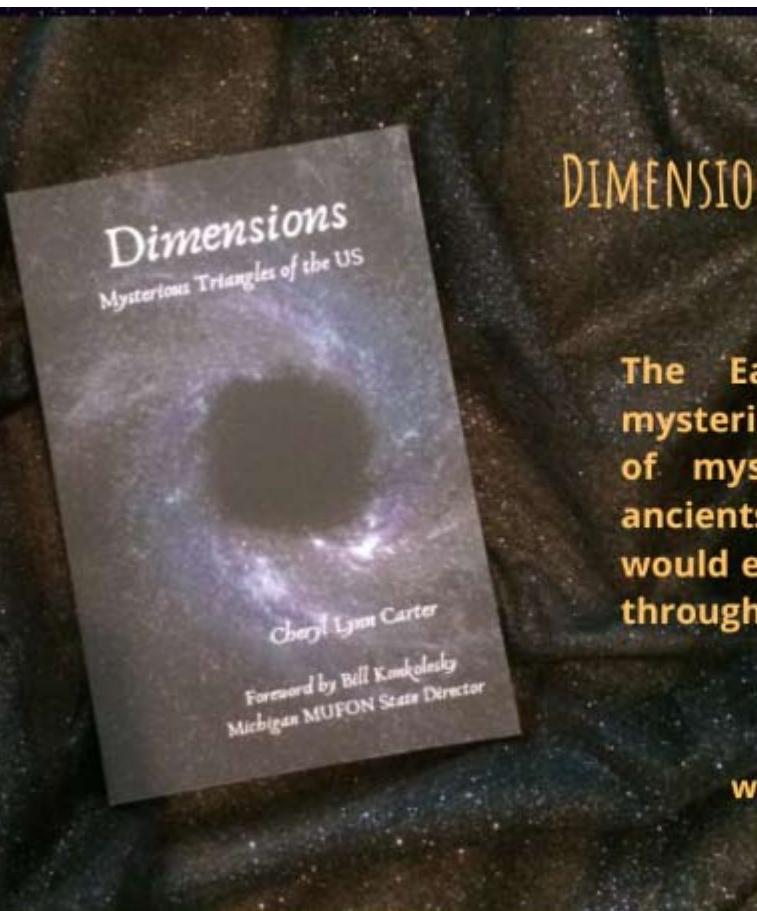
vitamins (niacin, vitamin C, thiamin, vitamin D, and vitamin A) and are usually found in areas of widespread poverty and malnutrition. In addition, IHN is also used to treat many medical conditions, as described above. And, again, IHN could be used for life extension or longevity.

In conclusion, a very stable isomer (myo-inositol isomer) and a chemical derivative of niacin (IHN with a chair conformation is described in detail where six niacin molecules could be delivered to the patient efficiently.

Interesting, there is a correlation between niacin (vitamin B3) and space, where scientist have recently discovered (in 2014) that niacin (vitamin B3) might have been produced in space and delivered to earth via meteorites. NASA funded researchers, for example, have discovered that an extraterrestrial supply of vitamin B3 (and other pyridine carboxylic acids compounds) was delivered by carbon-rich meteorites. Also, as an aside, the pyridine moiety found for niacin (see Figure 1 and above) is a precursor for copper proteins of early life on Earth. These copper proteins (Hemocyanin and Tyrosinase) are found for Molluscs and Arthropods (invertebrate animals, such as mussels, octopus, shellfish, and lobsters) and are all based on pyridine protein derivatives.

Could it be that extraterrestrial beings produced this very unusual and remarkable crop circle and are they trying to educate mankind regarding the use of this niacin derivative supplement (IHN) or is this niacin crop circle an extraordinary man-made hoax?

For now, the question remains unanswered.♦



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THE TORTURED GHOST OF PHILADELPHIA'S BLUE BELL INN

By Gary Sweeney, *The Lineup*

Philadelphia is no stranger to historical lore. The city is steeped in tales of gaslight phantoms, and its cobblestone streets whisper of days long past. Known for its importance to the American Revolution, Philadelphia contains arguably more old houses and time-worn buildings than any other place in the northeastern seaboard.

And sometimes those buildings have voices that never go away.

Inside the Blue Bell Inn

The Blue Bell Inn is an 18th-century, two-story tavern resting on the cusp of Southwest Philadelphia and the borough of Darby. Originally built by Henry Paschall in 1766, the Blue Bell was noted for its prominent location on Kings Highway (now called Main Street/Woodland Avenue), a popular stagecoach route into the city that sat in close proximity to Pennsylvania's first water-driven grist mill. While traveling, George Washington and his soldiers frequented the Inn on several occasions, once on their way to the Battle of Brandywine. Some of the men reportedly stayed late into the night, prompting the Inn's owner to cover the bar with metal rods to ensure no alcohol would be stolen while he slept.

In 1801, a third-story addition was added to the Inn, which nearly tripled its size. But over the course of the 19th century and into the 20th century, a series of floods and fires greatly damaged the structure, finally causing the addition to be torn down around 1940. Shortly afterward, yet another fire nearly destroyed the Inn completely.

In 1985, the "Friends of the Blue Bell," a collective of volunteers with an appreciation for history, came forward as the Inn's self-appointed protectors.

Over the ensuing years, a number of live-in caretakers managed the now-250 year old tavern. But two of them had a series of unnerving experiences they would never forget.



The Blue Bell Inn is home to the spirit of a British soldier.

A Spooky Tale of a Ghostly Encounter at the Blue Bell Inn

In the late-1990s, David Sams and his mother, June, took up residence at the Inn. They had adjusted surprisingly well to living in the cramped space, lurching forward through the narrow doorways and ducking the low arches at nearly every turn. Before long, they were settled and ready to meet the challenge of restoring the Blue Bell to its colonial glory.

One evening, June Sams stood at the top of the basement steps. Before she could begin her descent, an unseen force violently pushed her from behind, sending her plummeting downward until she came to a stop at the cement landing below. Dazed and injured, she struggled to find David, who had not heard the commotion. Assuming that his mother had simply fallen, David thought little of the incident until a few nights later.

While cooking dinner on the antique stove in the

kitchen, David was overwhelmed by sense of uneasiness. A noticeable drop in temperature followed. It was mid-summer, and quite humid, which made the chill in the room even more strange. As if beckoned involuntarily, David turned around and came face-to-face with an odd-looking man. The man stared at David without blinking. His face was bony and angular; he stood tall and thin, wearing the full military regalia of another time.

Then, the man spoke.

He identified himself as Colonel Jonathan Grapin, lingered for a few seconds longer, and then disappeared into thin air.

David shook for hours after the encounter. It wasn't until weeks later that he was able to think rationally about what he had seen. With the help of local Revolutionary War enthusiasts, David began researching the history of the Blue Bell and unearthed an account of a battle that took place on the grounds in November of 1777.

As the story goes, the British had wrested control of Philadelphia but not the Delaware River or the nearby outposts of Fort Mifflin and Fort Mercer. Because they did not control the river, British forces could not move supplies without exposing themselves to the threat of an

American attack. So, they decided to take the area by force.

On that day, British Army Officer Charles Cornwallis sent 2,500 troops past the Blue Bell Inn. Twenty-eight American soldiers were stationed inside. As the Redcoats marched past, it's said that an American shot was fired from the Inn's upstairs window, causing the British to rush through the door, bayonet five American soldiers on the stairs, and

take the remaining 23 prisoners.

In the melee, one of the British soldiers was wounded outside in the road and subsequently dragged inside. As he lay dying, he muttered his last words: "I'll never leave this accursed place."

David found only one source that named the dead British soldier. It read: J. Grapin.

Today, the Blue Bell Inn remains shuttered. Renovation efforts have waned in recent years, though a new tagline was recently bestowed upon the aging tavern: "The Inn at the Crossroads of History." Unfortunately, there are no tours of the historic site. However, should its splintered wooden doors open again, visitors may find themselves in the company of a tortured British soldier who refuses to let go of the Revolution. ♦

**David turned around and
came face-to-face with an
odd-looking man ... who then
disappeared into thin air.**



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The Duplicity of Dreams: My Perils With Dimensional Walking

By Rainbow Radaelli, Medicine Woman

It was clear to me that something was terribly wrong when I couldn't wake out of my slumber. I mean, I was conscious and aware that I was still in the dream state, someplace that was like home but yet not home.

I was seeing furniture, walls, decor that was not mine through eyes that felt blurry and forced open. My body felt different. I was taller, shorter hair and, seriously, why was I wearing weird pajamas? When I walked into the kitchen and saw it was similar to mine but arranged differently, I knew I was in trouble.

I don't want to get too ahead of myself, so let me explain first what I am talking about. I'll take you down the rabbit hole explaining my experiences with a form of dreaming called dimensional walking. I was studying to be a medicine woman in my early 20s and my mentor, ThunderBow, taught me dimensional walking as a way to travel through the unfathomable veil dividing realities.

ThunderBow believed that once I accomplished this ability, I would be able to travel from this reality into another at will. It was a bold and precarious undertaking, but one worth it if I could achieve such an ability.

Sometimes, even with great intentions there are unknown tolls that are required. As time passed, I realized that the risk to my sanity was at stake, so I backpedaled with as much gusto as I did when I had enthusiastically taken on this endeavor. The final straw happened in such a manner that I felt I barely made it back in one piece. Afterwards, I was literally afraid to go to sleep, ever. What had I done?

The Dream

My hands touched dirt, felt the coldness of pebbles, the moisture of dew drops on plants, and when I felt the



dirt under my nails, I knew something was different in this dream. Was it real? Where was I? I didn't know at first if I was dreaming or awake. That was a first. When I felt the wind blow my hair off my face, I panicked.

As one of my tasks, ThunderBow wanted me to find a countryside village. I didn't know if I could do this, but I was having really good luck with finding things in my dreams, so I thought, why not. When I went to bed that night, I closed my eyes and somehow went directly to a hillside and instantly started to climb up its embankment. Once I reached the top, it was at this moment that I realized I was actually looking at a quaint countryside village.

I turned to look down at my hands and saw this auroral glimmer go into them and up my arms. It was like a scintillating energy that was making me slowly solid, inch by inch, and I was literally starting to smell the flowers and dirt in my nostrils. I freaked out and started to slide down the hillside grabbing for branches, anything to slow down my fall.

I woke up, sat up in bed breathing heavy, and when I looked down at my hands, there was dirt under my nails and on my bed sheets. I had literally brought back a little bit of dirt with me. I was shocked.

There were no rule books. No one had written about their training into this type of necromantic practice. Maybe I was flying by the seat of my pants, but after that last fateful experience, I took a break from dimensional walking.

Years passed and I had unique experiences with dreams, but I never allowed myself to continue that kind of rigorous training ... not until someone had written a text book on what to do if you materialized into another reality. As far as I know, no one has done this yet.

The Rock

Now to the present day. Weeks ago, I was dreaming and found myself in a cave full of people who were directing me to pick up certain rocks. One rock had a rainbow hue to it and was quite beautiful.

I was instructed by a male voice to go buy a rock that looked similar to the one I picked up in this dream and put it under my pillow. I was told that I would connect with this rock and my dreams would change.

I find it fascinating that I was instructed in my dream

I laid down and focused, trying as hard as I could to wake myself up.

to go buy a rock in my waking state. Interesting twist don't you think?

This is how I knew I was in trouble. I bought a large piece of labradorite and put it under my pillow and didn't really think it through or much about it. My dreams from that day forward were never the same. Who told me to do this? I don't know. What I do know is that my dreams took on a different, more spine-chilling undertone. I was no longer in control.

Now, back to those weird pajamas that I first spoke of. I had a husband in this dream that was not the kind of guy I would typically be attracted to. He annoyed me to



no end, and when I asked him why the kitchen was different, he looked at me like I had flipped out. He said he didn't know what I was talking about.

The kitchen was a galley-style kitchen, almost identical to what I actually have, but the stove was on the wrong side. I touched it, and it felt real. When I saw the frown on my husband's face, I hastily walked to the bedroom and said I was going back to bed. I knew I had to figure out how to wake up.

He followed me to the bedroom, bent down, and proceeded to tickle me in my ribcage area. I don't know about you, but I hate to be tickled. And I was just about ready to smack him one when he stopped. I glared at him, and he asked me incredulously what was wrong with me.

I laid down and focused, trying as hard as I could to wake myself up. I moved my hands over my face and unintentionally knocked a stack of books off a side table to my right. I literally felt them fall. I panicked and focused again. Then I slowly felt myself come back into my body. I immediately sat up and got out of bed.





I realized I successfully woke myself up. It was quiet as the grave, and my partner, Michael, was asleep in bed next to me. It was early morning, and since I was up, I decided to go get a drink of water. My kitchen was as I remembered it. Thank God! So back to bed I went.

Stuck in a Different Reality?

As soon as I fell back asleep, I was there again. Damn it all! How did that happen? Why was it happening? I didn't like the husband, and there he was standing over me looking confused.

I got up, looked around, and walked to the kitchen and into the family room. It was all wrong. There was a couch where a TV should be and a bathroom where a wall of windows would have been. Did I mention there was a little yapping dog outside?

The sliding glass doors were where they should be, but I would never have a little yapping dog like that. Again, I ran back to the bedroom this time really freaked out, and I knew I had to get out of there.

Very concerned, the husband asked me if I was feeling OK. No! How could anything be OK? I jumped back into bed and had to focus again, and I mean really focus to get out of there. I put my hands to my face and felt how short my hair was. I opened my eyes and glanced at myself in a mirror and saw that I was younger, had brownish red hair, and I was tall.

She wasn't me and I wanted to get out of there and out of her body. But if I was her, where did she go? For a minute I thought I had died and went into another body.

I lay back down and felt the covers, focused on coming back to my place of origin, and after a few minutes, I felt myself vibrate back into my body. I immediately woke up and saw that I was back where I belonged.

I got out of bed, touched the walls, pet my cat, and went into the bathroom. I looked in the mirror, and there I was — the normal me. I was relieved beyond words and wondered what had happened to my body when I was in the other reality. At that moment I realized that I had enough and had to take the labradorite out from under my pillow. No more!

Since I took it away, I am now able to dream normally but without all the confusion and drama. The question is, did the labradorite cause me to go back into dimensional walking from years ago without me knowing it?

Whoever told me to put this stone under my pillow, did they know that this experience would happen? What would have happened if I didn't wake up from that reality? Luckily, I'll never know. Sometimes not knowing is as much a comfort as knowing.♦



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THE 'FINAL DESTINATION' INVESTIGATION

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

In March, 2018, Halo Paranormal Investigations (HPI) conducted an investigation at an apartment near the Sacramento River in California. The occupant, who I will call Lady M because she would like to remain anonymous, had her mother and father present during the investigation.

Case History

Prior to the investigation, Lady M filled us in on a few details. She had been feeling strange for a while, but at first she thought it was because she started using medical marijuana.

But then strange things began happening.

She felt something near her, as if she needed to swat away an invisible force. She also felt something unseen touching her neck. She described it as if a finger was going around in circles on her neck. Then she began to hear knocking on the walls. At first, the knockings were minor, but then they became more intense and more constant.

Lady M says she felt a lot of stress, and to relieve the stress she took up dancing. Dancing made her feel free. But, soon, the positive vibes she felt while dancing went away, and she started getting weird muscle twitches.

Even more concerning, she dreamed of seeing a demon. In the dream, the demon stacked up furniture around her, enclosing her in a "stacked-up furniture cage."

Final Destination

If you ever saw the movie Final Destination, it seems a similar premise may be at work in this case. Lady M was in the South Tower in New York on 9/11. But about 20 minute after she left the building, the tower collapsed.

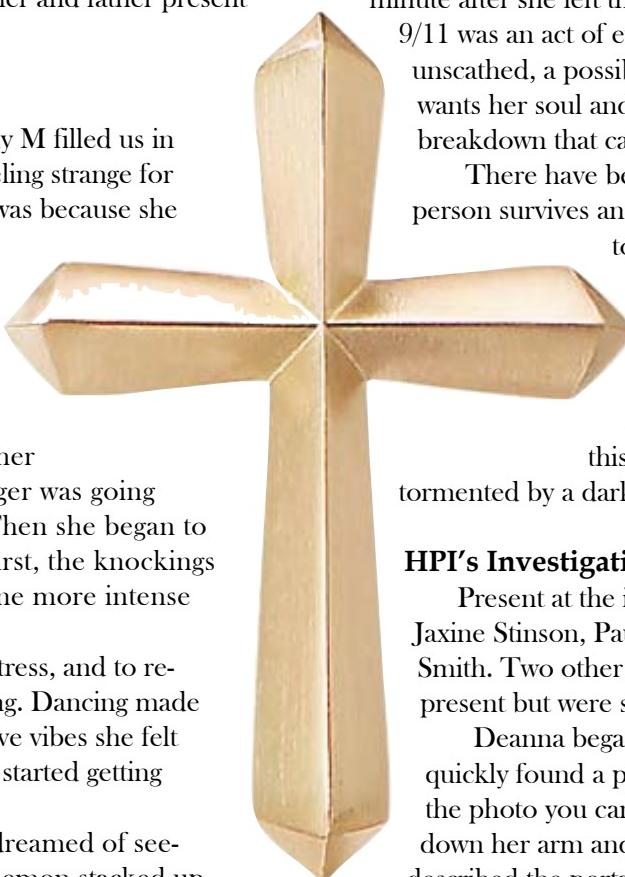
9/11 was an act of evil, and because Lady M escaped unscathed, a possible theory is that a dark force wants her soul and is driving her toward a mental breakdown that can lead to something dire.

There have been paranormal cases in which a person survives an act of evil and later on in life is tormented by a dark force. The dark force starts pushing that person to a fatal end. Ancient texts from various cultures talk about the battle of good vs. evil and the capturing of souls. Can this be why Lady M seems to be tormented by a dark force?

HPI's Investigation

Present at the investigation were HPI's Deanna Jaxine Stinson, Paul Dale Roberts, and Xandean Smith. Two other investigators were supposed to be present but were sent out on another urgent case.

Deanna began by doing a walk-through and quickly found a portal. I snapped a photo, and in the photo you can see some type of energy running down her arm and through her fingers. Deanna described the portal as silver in color and moving like a fluid. During the walk-through, she also detected three demonic forces.



Thankfully, though, Deanna also detected an angelic type of being in the home that was watching over Lady M. Lady M felt this presence many times before and believes it is her deceased sister. Deanna said the angel has a white light that surrounds her whole body.

Deanna also said it appeared the angel was wearing a white dress.

The Threes

Before the investigation, as we drove to the town house, Deanna saw three crosses etched by dust on a truck that was ahead of us. Was this a sign? An omen?

During the investigation, we witnessed many threes. As we arrived, there were three people waiting for us: Lady M and her mother and father. There were three investigators. Deanna had packed away three candles for the investigation. And, of course, Deanna sensed three demonic forces in the home.

This is when things really got weird. All of us heard three knocks on the wall. Could the dark force be trying to make its presence

known? We had no explanation for the disembodied three knocks.

The Cleansing

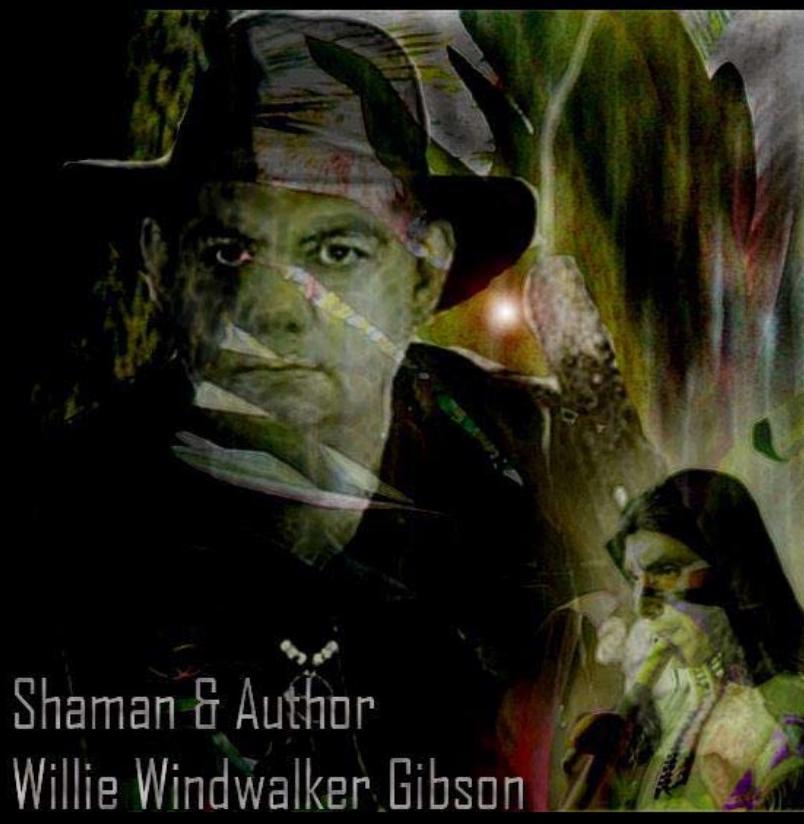
Deanna conducted a metaphysical cleansing and gave Lady M a care package that contained a smudge wand made of pine, juniper, and rosemary; an abalone shell; a tobacco leaf candle; a St. Michael arch angel candle; and an orange candle.



A full-submersion baptism is a basic form of exorcism. If you have an attachment and receive a full-body submerged baptism, the attachment will leave immediately. I gave Lady M a full-submersion baptism in her bathtub, and she said she felt great after the baptism.

The entity felt threatened and started knocking on the wall again, witnessed by everyone at the investigation. I immediately started the Catholic house blessing. After the house cleansings, Lady M said everything felt light and relaxed.

We will monitor this family and make sure the dark forces never return.♦



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THE POWER OF INTENTION

... and How ‘Anchoring’ Can Help

By Karen Frazier, AuthorKarenFrazier.com

If you've ever heard me speak (or had a conversation with me), you've probably heard me say, "Intention is everything." Your intentions are what set the wheels of creation into motion. What you intend and give attention to (in other words, think about), you create.

So why do people wind up with so many unintended consequences in their lives? Because they don't deliberately set their intention, and if they do, they don't follow it up with positive thought about what they desire.

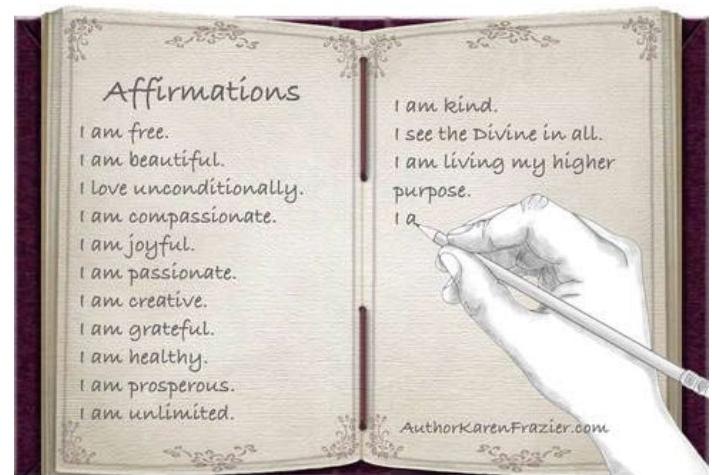
If your intention, for example, is good health, but the focus of your thoughts (and words you speak) is on how poorly you feel, then your focus is on poor health and your thoughts and words have overridden your intention.

If, however, even when you are feeling poorly, you set your intention for good health, find things about your health for which you can express joy (my body breathes beautifully, my legs support me, my body uses the nutrients I give it efficiently, etc.) and then change the story you tell about your health to one that is positive, joyful, and supportive of good health, then your body will respond.

Every tool I share and teach is about intention and focus. Whether I'm talking about crystals, aromatherapy, your chakras, affirmations and visualization, mudras, sound healing, or any of the multitude of other topics I share, they are there to serve as a way to set your intention and guide your focus so you can begin to vibrate at the same frequency of that which you wish to attract.

The tools I teach are there to remind you who you truly are (you are Divine; you are love) and how powerful you are when you set your intention and focus your attention.

While the tools can serve as a catalyst for change, they aren't the true source of power. You are. You have the power to have the exact life you visualize and desire, and it starts with your intention. Set your intention. Let your focus, thoughts, words, and actions flow from that intention. That is the essence of the creative being you were born to be.



Accessing Positive Feelings Through ‘Anchoring’

Have you ever felt really good emotionally and thought, I wish I could bottle this feeling and access it whenever I want? Good news! There's a tool for that, and it's one I use frequently to help me maintain a positive mind space, regardless of what's going on around me.

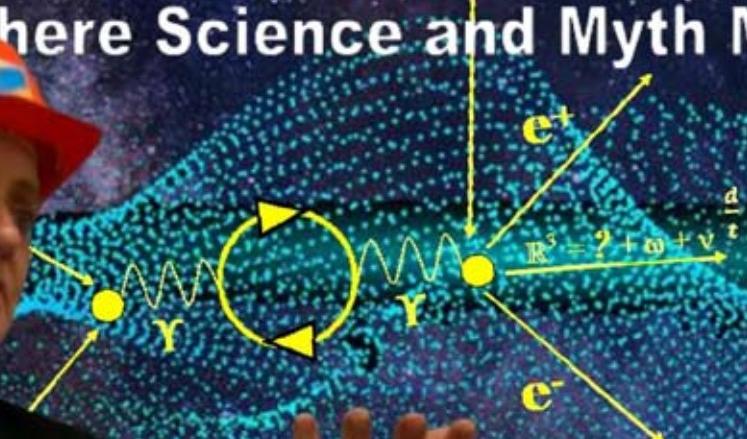
The tool is called anchoring, and it comes from a technique called Neuro-Linguistic Programming, or NLP. It is deceptively simple, but it works really well.

When you are in a positive headspace – feeling something like joy, peace, well-being, etc. – focus your full attention on that feeling and create a gesture. It can be any gesture (you'll want different gestures for different feelings), but make sure it isn't something you'd typically perform.

For example, one of my gestures is touching the tip of my index finger of my left hand to the thumb of my left hand. Do this several times over a few days, focusing on the positive emotion you are feeling as you perform the gesture. Then, the next time you are in a negative space and want to access that positive feeling again, perform your gesture. It's that simple! ◆

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The Heart of Thanksgiving Is Generosity and Gratitude

By Dr. Athena Perrakis, Sage Goddess



Thanksgiving this year looks and feels different from years past. A seemingly simple thing — going home — is now more complicated, or not even possible with COVID and physical distancing. And while we may not be able to have loved ones around us to celebrate this year, it's up to each of us to practice generosity and gratitude no matter where we are, what we have, and who is with us.

This time of year is a reminder of this because the heart of Thanksgiving is generosity and gratitude. It's also a time to remember and honor family through all the generations — to be thankful for our ancestors, what they gave in their lifetimes, and for how they live on in us. When we choose to be grateful and generous, in spirit and action, our frequency changes, and we raise the vibration, making a positive difference not just for ourselves, but for the whole planet.

An Elegance of Thoughts and Feelings

With every year that I move deeper into my 40s, I'm noticing a grace is coming, an elegance of thoughts and feelings that I hoped would come with age but wasn't sure. As a double fire sign, grace has eluded me at times in my life; I really did think for a time that I had to burn things down in order to build something new. Few people can build an emotional fire better than I can, or keep it burning longer. But who wants that?

When I look around my life and ask myself who I want to be more like, with whom I want to spend more time, who I aspire to become, it's always the generous ones. The people who give with an open heart, who forgive graciously and easily, who let energy move through them and their lives like smoke. I've noticed that those people are healthier, too, on the physical level, because they aren't hanging onto decades of anger and frustration. They learned that

holding onto sadness only prevents them from being fully available to the beauty of this moment.

I have a theory that every generation codes new wisdom and new sets of experiences into the familial energy grid that you are born into. Think of it as stored data on your soul's hard drive. Included in this coding are attitudes and beliefs about money, love, fortune, opportunity, spirituality, marriage, family, and childrearing. Most of us have no idea what is coded into our grid, but we sure are affected by those energy streams. Poverty, war, divorce, trauma in childbirth — it's all there if it has happened in your family.

In my family, all of those events are part of our past and, therefore, part of my coding. And as I go through my personal life experiences, I contribute to the coding. If we step outside of linear time for a minute, we can understand how in this very moment, we can heal parts of our coding, for past and future generations simultaneously. With awareness, compassion, and love, we can release old patterns, transforming the very energy imprinted in our genetic memory.

Our ancestral coding is a powerful force, and because most of us have very little information about it, or conscious connection with it, we move through life not realizing the extent or origin of pre-programming in our attitudes, beliefs, reactions, and view on life. Spending time creating a family tree that dates back several generations is invaluable for unearthing ourselves — where we come from and how the past lives on in us. We can use this knowledge to share with our children, helping them understand their roots and the obstacles and triumphs their people encountered — how they succeeded and how they failed; how they truly lived.

As an example, unconscious genetic memories of scarcity, perhaps of failing crops and barren lands, or as a poverty stricken immigrant, can elicit a perpetual fear of starving or threatened survival — even if present circumstances are quite contrary. Ancestral memories of times of plenty, with rich and sustaining harvests, may create a ready willingness to enjoy and share abundance, even if currently, physical resources are very low.

To love your lineage with acceptance and gratitude will change your life. This love is different from a personal love for a specific person with whom you've developed affection. You may not like some of the people in your bloodline or the stories you've heard about them. You may not have a particular affinity for the customs, traditions, or beliefs of your ancestors. Regardless, they are in you, you are them. And you will be in all those to come down the line.

The familial energy grid is not exclusive to those who procreate. It is compiled of the collective energy of the whole, and all family members contribute without exception. What challenges did your parents, grandparents, and



great grandparents live through? Were they loved and cared for? How and when did they die? What were they like, and how did they live? How and what did they love? What were they known for, and why were certain things about them kept quiet?

As you fill in this longer and fuller story of your life, you will uncover many mysteries and make radical discoveries about yourself. That certain, persistent voice in your head might really be great-great grandma talking through you; through your genetic coding. And once you know it, you can continue her story in yours, honoring the past in new versions of the present.

Generosity, or the seeming absence of generosity, now takes on a new context, as do many other qualities and attributes. There's a lot more to the story. My capacity to give with an open heart has continually grown as I've acknowledged and respected those difficult and traumatic experiences in my family's past. I can see how these undercurrents of energy and genetic coding (the entire spectrum) have taken form in my body, mind, and spirit — how they've in part made me who I am. And every time I choose a joyful, loving, gracious, and compassionate moment, I strengthen that part of the coding.

The past is present, regardless of whether or not we are aware. With awareness, we move from a default to an active choice. The heart of forgiveness, grace, and generosity arises from peace, love, and acceptance. The more we understand and accept our history and ourselves, the more available we are to do the same for others.

What defines a generous spirit? A person who is kind, willing, and great-hearted — who is giving. Someone who is available as the moment calls. Someone who is able to receive; who knows the blessing in fully receiving, and in genuine response, delights in giving.♦

THANKSGIVING SPIRIT

A Visit From Dad

By Willie Windwalker Gibson

The end-of-year holiday season was my father's favorite time of year. Thanksgiving for us was different, though. We did not have the traditional meal with turkey and all the trimmings.

Dad would get two baking hens, mom would bake them, and we would have dressing, mashed potatoes, and green beans, and sometimes fried apples. For dessert we would always have banana pudding, the kind mom would have to bake.

When the meal was ready, Dad would gather us all around the table and give thanks. Then we would eat. Having all of our family together was my father's favorite part of Thanksgiving.

But in 1984, my father fell ill, and by June he was admitted to the hospital with complications from diabetes. He laid in the ICU for five months. That October he died ... one month before Thanksgiving. Our family was in shock, and as the days got nearer to Thanksgiving, we really did not want to celebrate the holiday without Dad — the head of our family.

Mom refused to cook the Thanksgiving meal. Without Dad, it would not be the same, she said. I told her we needed to have Thanksgiving to get us all back as a family. Finally, Mom agreed, and we all chipped in, including all five of us kids and even the grandkids.

The hens were baked, the sides were fixed, and event Mom's famous banana pudding. When it was done, we set the table. The place at the head of the table where my dad sat was set also. As we all gathered around the table, we looked at the empty chair. I got up from my seat and told my mom to sit in the chair at the head of the table where my dad had sat.

She said that I should sit there as the head of the family, but I told her that it was she who was now the head of the family. So she sat in Dad's chair.

I lead the prayer, and we ate. As we ate, I could feel a very strong energy come into the room. It was Dad's energy. I could even smell his essence. The minute the



energy came into the room, we all stopped eating and just stared at each other. My mom said, "Your daddy is here." All of us felt his energy in the room.

I said out loud, "Hey Dad, you almost missed Thanksgiving."

Then we started to smell the scent of roses in the room. We could tell that was an answer from Dad. There was a long pause, and then the scent was gone. I told everyone that he was gone.

That was Dad's way of telling us he was always with us. We all started eating again, and we had a wonderful time. The first Thanksgiving without Dad never took place because he was there in spirit. We all became happy, and it was then that we knew our family would be OK.

The stories I write about, including this one, are about real things that has happened in my life. I enjoy sharing my memories with you. Remember, just because someone crosses over, it does not mean you will never see them again. So, never have a heavy heart when someone passes, have joy. ♦

Jill Marie Morris

*Author of the books 207
and Saints Sinners & Sacred Ground*

207

"207 is a personal account based upon a series of terrifying events having occurred in Jill's life. Recounting the horrific experiences that took place from 1988 through 1989, she shares an emotional and horrifying journey that sadly ended in tragedy, forever changing her life and strengthening her spirituality."

Saints Sinners & Sacred Ground

"Saints Sinners & Sacred Ground is the prequel-sequel to 207. It is a historical review and investigative piece that takes the reader on a spellbinding journey into Watervliet, New York's deeply haunted past. Filled with historical information, personal anecdotes, and local ghost stories, Jill searches for the answers to centuries of madness, murder, and suicide. With multiple deaths having transpired directly in Jill's former residence (207), including the suicide of her husband, Saints sheds light on the home and city's tragic and bloody past."

JillMarieMorris.com

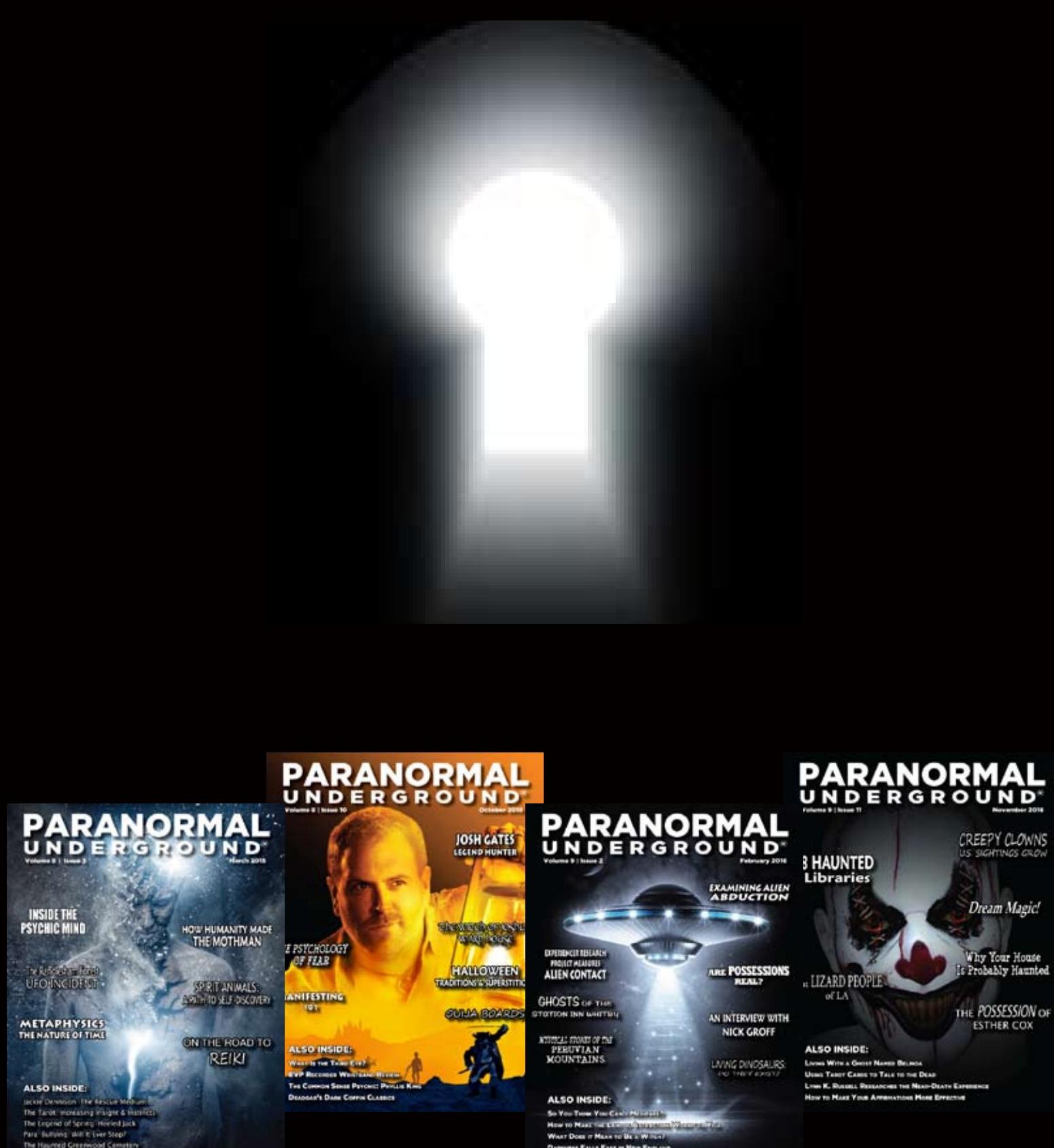
Legends Magazine - Every Town Has Its Story!

The collage displays five issues of 'Legends Magazine':

- Urban Legends** by Mary Sutherland: Features a dark, gothic illustration of mythical creatures.
- ANCIENT WISCONSIN**: A Look Back Into Our Past: Features a woman standing in a field.
- LEGENDS**: The Kickapoo Valley: Features a landscape with a red arrow pointing to the title.
- Phoenix Rising**: Focuses on "Fringe" lifestyles, local legends, and Native American lore.
- A HALLOWEEN SPECIAL**: IT'S TOTALLY SPINNISH: Features a woman and a red devil.

Each cover includes the magazine's name and a brief description of its content.

<http://burlingtonnews.net/Legends.html>



PARANORMAL UNDERGROUND
Volume 8 | Issue 3
March 2015

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PARANORMAL UNDERGROUND
Volume 8 | Issue 10
October 2015

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Volume 9 | Issue 1
November 2015

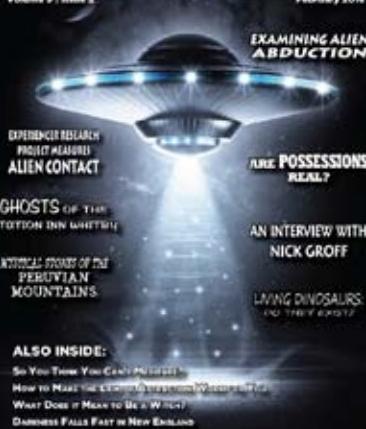
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October 2015



PARANORMAL UNDERGROUND

February 2016



PARANORMAL UNDERGROUND

Volume 9 | Issue 11
November 2016



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